



4 - Americable... 6 - Young Authors...

# PACFLT visits Sasebo on farewell tour, gives thanks

## Brief Notes

### Tobacco Cessation

Kick the habit! Begin your independence from tobacco (cigarettes, dip, snuff) and enjoy better health and more money in your pocket. Classes will be held every Tuesday in July from 2 p.m. until 3:30 p.m. in Training Room B, second floor of Public Works (Bldg. 200). Call the Branch Health Clinic at 252-2550 to sign up.

### University of Phoenix

Need a challenge? Do you have a bachelor's degree? Then UoP has the right master's program for you! On-site and online programs are available. During June, book and enrollment fees are waived - a savings of over \$240. Call Mike Bormann at 252-3044 for more information, or e-mail <Michael.Bormann@phoenix.edu>.

### Second Annual Independence Day Celebration

Command and base organizations are invited to participate in the Second Annual Independence Day Celebration on **Sunday, July 3 from 11 a.m. until 9 p.m.** For further information and registration, e-mail Charlotte Bruton at <charlotte.brunton@sasebo.navy.mil> or call her at 252-3108 to secure your spot.

### SOA needs you!

The Sasebo Officials Association is looking for officials and scorekeepers. For more information, call 252-2213 between the hours of 8 a.m. and 4 p.m.

### USO Notes

**The USO Fleet Landing office will be closed for renovation until Sept. 30.** For more information, call the Nimitz Park USO at 252-3960.

### Reality Check - Mt. Yumihari

All single Sailors are invited to join Reality Check Saturday, June 25 for a fun-filled day of free food, football and frisbee. The group departs from the library parking lot at 11:30 a.m. for Mt. Yumihari, the mountain that overlooks Sasebo, and will return by 3:30 pm. Call 252-3380 for more information.

**DUI Counter:**  
13 days as of June 16

**JO1(SW) Ron Inman**  
CFAS Public Affairs

Commander, U.S. Pacific Fleet Admiral Walter F. Doran visited Fleet Activities Sasebo (CFAS) June 13-15 as the last stop on his farewell tour of Japan before his retirement July 8.

During his stay, Doran attended a dinner hosted by Commander, Naval Forces Japan Rear Adm. Frederic R. Ruehe and a reception in his honor hosted by Commander, Fleet Activities Sasebo (CFAS) Captain Tilghman D. Payne. He also made courtesy calls to Vice Adm. Seizo Nakao, Japanese Maritime Self Defense Force (JMSDF) Sasebo Area Commandant, and various Sasebo City officials and attended a Sasebo Council Navy League breakfast before his departure June 15.

Sasebo Soundings interviewed Doran



Doran (left) talks to Commander, Fleet Activities Sasebo Captain Tilghman D. Payne at the Navy League breakfast. (Official U.S. Navy Photo by PH3(AW) Yesenia Rosas)

after the breakfast and asked the following questions:

**Soundings: Admiral, you have previously stated the importance of the Pacific Fleet in maintaining strategic and economic stability in the Asian Pacific Region. What is CFAS's value to the Pacific Fleet in the accomplishment of its mission?**

Doran: The whole Pacific Fleet has a very important role right now. The world is focusing on events in the Western Pacific. All you have to do is read any newspaper, any day, and that is apparent. Seventh Fleet, forward-deployed to the Western Pacific, has a very, very key role in that focus, and Sasebo is absolutely important to the U.S. Navy. We have had a long and enduring relationship here in Sasebo. Sasebo is a very friendly and receptive community for our Sailors and Marines and it's very strategically positioned. There are a lot of things that change as time goes on. Weather can change, politics can change, fashion can change, but geography doesn't change. Sasebo is a very important position. It is a safe harbor here on Kyushu and it gives us the opportunity to remain a persistent presence in the Western Pacific.



Admiral Walter F. Doran, Commander, U.S. Pacific Fleet (standing, in white) talks to CFAS Sailors and Sasebo Council Navy League President Jerry Havens (standing, in suit) during a Navy League breakfast held at the Harbor View Club June 15. (Official U.S. Navy Photo by PH3(AW) Yesenia Rosas)

**Soundings: Can you comment on the Japanese/American strategic alliance?**

Doran: The alliance between the U.S. and Japan is as important as any relationship that exists in the world today. With all the events that are happening in the Western Pacific, it is absolutely, critically important that the U.S. and Japan remain as close as we are. When you look inside the relationship, there are no maritime organizations in the world that are any

closer on a day-to-day basis than the U.S. Navy's Seventh Fleet and the JMSDF. That's very, very important. We've just seen JMSDF ships down in the Straits of Malacca during the tsunami relief efforts, for example. They have been very helpful to the U.S. Navy in the Indian Ocean. That interoperability doesn't just happen. It comes out of decades of working together, being comfortable with each other and having people, ships and technology that

Please see **PACFLT**, Pg. 6

## U.S. Ambassador, USFJ make stop in Sasebo



(From the left) U.S. Ambassador to Japan, John Thomas Schieffer, Commander, U.S. Forces, Japan, Commander, Fifth Air Force, Yokota Air Base, Japan Lieutenant General Bruce A. Wright, Commander, Fleet Activities Sasebo Captain Tilghman D. Payne and Chief Staff Officer Fleet Activities Sasebo Commander Bernard P. Wang wait on the air strip at Nagasaki Airport on their way to U.S. Fleet Activities Sasebo, Japan to attend a luncheon brief and tour of the base June 15. (Official U.S. Navy Photo by PH3(AW) Yesenia Rosas)



# The first 72 hours are critical to Sailors’ success

**FLTCM(AW/SW)**  
**R.D. West**  
*U.S. Pacific Fleet Master Chief*

“Hello?”  
“Heeeelllllooo?”  
“Is there anybody around here?”  
“HHUUUHHLLLLLLLLLOOOO!!?!?!?!?!?”  
“Go away come back on Monday,” was the first thing I heard. Did that set the right tone?  
How many of you old-timers remember living through the intimidation of reporting on board. No rack, no linen, no help and no clue. Most of us dreaded our first couple of duty stations because we just didn’t have the experience to quickly adapt to a new command.  
Sadly, too many of our newest Sailors are still living through this and it is one of the main reasons so many first-term Sailors are lost to job dissatisfaction, apathy, Captain’s Mast and other morale-killing reasons.  
So what’s the problem?  
Too many of our chiefs and senior petty officers don’t always get involved with the

check-in process for our young Sailors. Too many of us are turning our backs on the junior folks just when they need us the most.  
They need us in those first 72 hours of reporting aboard. That period of time “sets” the tone for the ship and for the newest crewmember. If you haven’t seen the Navy’s “First 72 hours” video then I recommend you get your hands on a copy, it’s a great training tool.  
Now while I can hear most folks snicker about the 72 hours program, I know for a fact it works. I’ve seen it work; I’ve watched our Sailors (all ranks) make it work. And those who snicker in public privately know I’m right.  
And if I sound a little over the top here, it’s because I know — I know — this first bit of caring and concern on our part is a valuable, small investment of time and energy.  
It ensures we start our new, and often confused, member of the team on the right track. This little investment in time is better than the “negative” time later with counseling sessions, bad evals, DRBs, XOIs, Captain’s Masts, poor job performance and all the other headaches that come with poor performance and bad attitude.  
The key is strong proactive leadership in sponsorship, mentoring and just showing the basic respect for one another.  
Let’s go through the checklist.  
We usually get orders on folks in advance, so most of the time we know they’re coming – so they’re going to need a sponsor (pick that sponsor carefully). This initial contact gives you the chance to start out right. You find out what they need; get their travel itinerary; let them know about expectations from you and the command, if they have family, do they have a place to stay, need directions to the command and most importantly you get the chance to let them know they are already a valuable member of the team before they even set foot on the quarterdeck.  
Now the ideal situation has the newly reporting Sailor being met at the airport by the sponsor or a handpicked member of the command. When bringing them

during the week or during the weekend the hand-off to the command should be the same. Now this may sound a little strange, but I always — without fail — made new Sailors call home within the first hour of crossing the quarterdeck. I’ve



**FLTCM (SS/SW) R.D. West**  
*U.S. Pacific Fleet Master Chief*

seen ships that had a lot of success with this. It’s important for the new Sailor, and the family at home, to hear those words, “I made it, and I’m OK”. It relieves a lot of stress and tension on both sides. OK, now we’re moving from the quarterdeck to the absolute essentials: a place to sleep, a place to eat, and a place to work. Some other things to think about are:  
- Calling LPO, CPO, DIVO or Dept. Head if on the weekend. One should come to the ship to meet the new Sailor.  
- Conduct egress or emergency procedures as soon as possible.  
- Conduct administrative processing.  
- Assign a “hand-picked” running mate from the division or duty section.  
- Tour ship and go over the procedures for messing, berthing, POD routine and work hours.  
- Have the duty driver take the Sailor to the Exchange for basic needed items. This is a good opportunity to show your new Sailor the base facilities.  
With that done, we’ve moved on to get their rack ready for them with the linen all

set. Lockers were assigned, gear is securely stowed away, and we made sure they know how to get to the galley and the office. We start getting dividends by getting them involved with the command right away.  
Because we’ve taken care of these issues, we have a Sailor who’s more relaxed, familiar with our expectations, and fairly squared away within the span of a weekend. From my chair it looks like win-win.  
And it’s a far sight better than being on the signal bridge at mast with the CO asking why we can’t control and manage our Sailors. You tell me which is better. Now with all that said, it by no means lets our new Sailors off the hook. Personal responsibility still requires they live up to their obligations to the Navy and their new command.  
They have the responsibility to make sure they are talking with their sponsors and new commands. They have to communicate with us so we can give them the right advice and assistance when needed. They have the responsibility to help us make sure they’re taken care of properly.  
Now it’s a fact many leaders look after each Sailor every single time without fail. We don’t do it because we have an instruction sitting over us, or we’re worried about the next command climate survey. We do it because as strong Chiefs and LPOs we know this is the right thing to do.  
We do it because as Navy leaders, we realize this is the absolute, sure-fire method to get a Sailor on the right track from the start. We know that giving some basic courtesy and respect to our Sailors will pay big dividends down the road.  
We do this because it is basic, fundamental leadership and that’s what we’re all supposed to be about.  
The old adage of lead, follow or get out of the way doesn’t apply here. We need leaders.  
So what are you going to do? Are you going to lead or just get out of way? The people who get out of the way will have a lot of problems to deal with over the long haul. And trust me, it will be a long haul. Thanks for listening. Keep charging.

**CAPT. TILGHMAN D. PAYNE**  
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Deadline for regular submission is Tuesday at Noon. For more information, call 252-3409 or 252-3485. Address all correspondence to:

**Sasebo Soundings**  
**PSC 476 Box 93**  
**FPO AP 96322-1100**

## University of Phoenix welcomes new program coordinator

**JO1(SW) Ron Inman**  
*CFAS Public Affairs*

Sasebo’s University of Phoenix office recently welcomed a new program coordinator to oversee its daily operations.  
Mike Bormann, who retired from the Navy in December after 22 years of service, is the new face of the University of Phoenix at Fleet Activities Sasebo (CFAS).  
As program coordinator, he is responsible for ‘selling’ Phoenix’s masters degree program, signing up and monitoring the progress of students, aiding them in the admissions process and assisting them with any technical issues related to online access.  
Bormann said he applied for the position

because it was something he had already done in the Navy and enjoyed.



**Bormann**

in college, making sure they did their coursework and basically motivating them to help themselves. This position is almost the exact same thing I was doing in the Navy.

“I just took over, so my immediate priority is to continue the great service that Kim Arthur provided,” Bormann said. “After that, we need to get the word out that Phoenix is here at CFAS, and that we offer a very flexible master’s degree program.  
“I encourage people to come visit. We can sit down with them and show them what the classes are. We even have sample syllabi and schedules for the classes. It’s very, very user-friendly. If you’re not sure, we encourage you to take your time, because a master’s degree is very important. It’s not something you go into lightly - you have to be committed. But it is very attainable, and that’s the great thing about it.”



# Congratulations to E.J. King Class of 2005

### The Graduates

Erika Alexander	James Gage	Rachelle Ruelos
Sean Alt	Brandon Gilbert	Jonathan Ruiz
Richard Baker	Charles Howard	Kathleen Sabijon
Charise Basanes	Chelsea Johnson	Kristoffer Salenga
Emily Bogen	Draonne Johnson	Keith Sampson
Mark Bote	Jamel Leasure	Damien Seelbach
Kristen Brown	Nathaniel Lords	Justin Stepura
Janece Chapman	Victoria Macapagal	Cassandra Tumbado
John Cruz	Scott Macri	Carrie Vail
Lara Deguzman	Alex Manor	Sarah Watson
Lae Anne De Leon	Jovan Mercene	Charlotte Williams
John Encomienda	Aaron Poindexter	David Years
Galdinn Fanlo	Ralph Roe	

Sasebo Soundings would like to congratulate the Class of 2005 on this tremendous accomplishment, and wish them every success in the future.



# JASS career management system Spiral 2.5 rolls to fleet

**JOCS(SW) Katie Suich**  
*Navy Personnel Command Communications  
 Public Affairs*

Navy Personnel Command is announcing in June the release of Spiral 2.5 of the JASS Career Management System (JCMS), which greatly improves the current capability and provides many system enhancements to fleet users.

Based on the tremendous, positive Sailor feedback, Spiral 2.5 brings some fine-tuning and introduces different levels of access for participants, called roles. This additional functionality has been delivered to make available important information Sailors require to manage critical junctures in their career path.

“The continuous improvement of the JCMS is delivering Sea Warrior to the Fleet,” said Vice Admiral Gerald L. Hoewing, Chief of Naval Personnel. “This and other Sea Warrior initiatives are providing the power of choice directly to our Sailors and putting them in the drivers’ seat of their careers,” he said.

“This Sea Warrior personnel distribution system has been tweaked to make it easier to use,” explained Master Chief Operations Specialist (SW/AW) Pat Lumley, Navy Personnel Command (NPC), PERS-4 senior enlisted advisor and the JCMS team lead. “We talk to Sailors, have Sailors test the process and then

make adjustments,” he said. “The first noticeable change is the role tab that is displayed at the top of the page. This provides users access to multiple roles and the ability to navigate back and forth between roles without having to log out of the system,” he said.

For example, a Career Counselor that is also designated as having the ‘Command Role’ can navigate between roles. Each role has distinct functionality pertinent to the user. There are four roles, Sailor, Career Counselor, Detailer and Command.

The Sailor Personnel Detail page has added new fields, including PTS (Perform to Serve) Status, PTS Rack Date, Security Clearance Eligibility and date completed, Security Clearance Access, Security Clearance Review Date, Exceptional Family Member classification and update or review date. “Giving Sailors easy access to this information gives them the control to make sure that their records are accurate,” continued Lumley. “It is critical for Sailors to ensure any reviews and updates are completed before they negotiate for orders to ensure a smooth transition and their maximum eligibility for qualifying for jobs.”

Detailers have a new functionality called Alerts and Notifications. Similar to the “Instant Messaging” concept, detailers have the capability to send instant Alerts and Notifications to help advise Sailors of information that requires an update or review prior to entering the negotiating window. Alerts are system-generated, while notifications are generated manually. Detailers also have the capability to create custom Alerts/Notifications that are unique to the specific rating or community. It is important that Sailors take action upon receiving Alerts/Notifications prior to entering and while in the negotiating window.

Sailors can go under the “User Profile tab” and select to receive alerts and notifications from the JCMS system and their detailer via E-mail and Web (JCMS). This is an important function, as

junior Sailors have better access to email than the Internet on a daily basis. It is also important for Sailors to receive Alerts/Notifications when entering JCMS for the first time to re-cap or highlight pending Alerts/Notifications that still require action. A list of Alerts/Notifications and examples are available on the JCMS Talking Points/FAQ sheet and JCMS Capabilities Brief that are available on the Navy Knowledge Online and NPC Web sites.

If a data field display shows the text “EXPIRED” Sailors should take immediate action to correct the situation. The term “EXPIRED” means that the update or review data is past due. Either the review was never completed or the update was not properly entered to reflect the current status.

The job search page has a new column called “Rack Avail.” This is a new information column designed to aid female Sailors’ decision process when applying for a billet. An “\*” symbol will appear in the column if an open rack (E-7 and above or E-6 and below) is available on board a Woman In Ships (WIS)-capable unit. Naval Personnel Command’s Woman In Ships Coordinators set the indicators that are displayed. Women may also search by rack availability by checking the new box “Female Rack Availability” for a return of all commands that currently display an open rack.

The Sailor homepage now displays the detailer contact information at the top of the page, giving the Sailor ready access to contact his or her detailer.

The duty preference form has expanded to (2) pages to incorporate additional data fields.

New data fields include links to the NEC Manual and Catalogue of Navy Training Courses (CANTRAC). It is important for Sailors to be able to access and research this data when filling out their duty preference form. Career intentions and deployment codes are additional data fields added that allow the Sailor to indicate intentions and provide the Detailer with their deployment history.

In the Command role, a new column (number of applicants) under the Personnel Summary Tab was added to provide the command representative with a historical snapshot of a Sailor’s application history throughout the negotiating window, as of May 2005.

Commands may also go into the system and link their UIC to their command’s Web page. This allows Sailors, when looking for their next job, to find out about the command right from JCMS. As in days past when “Put in for my Command” was the first item read in “Link-

Please see **SPIRAL 2.5**, Pg.6

## Now put some back into it...HEAVE!



Japanese Maritime Self Defense Force (JMSDF) (left) and Sasebo-based Sailors square off in a tug of war at the tenth annual Japan America Sports Day June 11. (Released by CFAS Public Affairs)



## Americable fine-tunes channel lineups for improved viewing

**Robert DeVisser**  
*FISC Contracting Office*

U.S. Fleet and Industrial Supply Center Yokosuka (FISC) Contracts Office oversees the Franchise Agreement (FA) covering Cable TV (CATV) and high speed internet service at seven Navy installations in mainland Japan. These quality of life programs for Navy personnel and their families are available on board Fleet Activities Yokosuka, Ikego and Negishi Heights housing areas, U.S. Naval Air Facilities Atsugi, Fleet Activities Sasebo, Hario Village housing area and Akasaki Fuel Depot.

The Navy neither pays for nor receives any fees in connection with the CATV franchise agreement. Instead, Americable provides a free military tier of service as outlined in the original FA. This free tier includes all existing Armed Forces Network (AFN) broadcast channels and several local content channels such as the base Commander's channel. Because AFN was not broadcasting all of their channels when the FA was signed, there was room within the Free Military Tier for additional channels and so some local Japanese channels were included. Last year, at the onset of the 2004 Olympics, AFN rolled out two new channels, AFN Sports and AFN Family. Americable was contractually required to make room for these channels within the Free Military Tier. As a result, NHK 3 in the Yokosuka and Sasebo areas was moved to the pay tier.

We have recently negotiated with Americable for the relocation of Tokyo 12 in the Yokosuka area and KTN in the Sasebo area into the Military Tier effective July 1. They will take the space of the unused high

school channels. Not to leave the high schools out in the cold, the Public Affairs Offices have agreed to provide broadcast time to them, if requested, on the base Commander's channel, the most logical choice for community interest programming.

In addition, Americable has recently added some new programming. On June 1, GMA, a Filipino remium channel, and Turner Classic Movies (TCM) were added to channels 27 & 33, respectively, within the Tier 1 pay tier.

The new channel line-ups can be found on Americable's website, <<http://americablejapan.com>>, or on Americable's electronic program guide on channel 5. We encourage your feedback. Compliments for good service, complaints regarding poor service, or suggestions for improved service should be sent to us via the Department of Defense Interactive Customer



**FINE TUNING** - James A. Smith II, Americable's regional manager for U.S. Naval Bases Japan (left), and Robert R. DeVisser, a U.S. Fleet and Industrial Supply Center Yokosuka contracting officer, finalize details for the new Americable channel line up changes. (Photo by Sandra Fallon, CFAY Public Affairs)

Evaluation (ICE) program found on a link through the CFAY home page: <<http://www.cfay.navy.mil> or <http://ice.disa.mil>>. Remember to reprogram your televisions on July 1 to take advantage of these added channels. For more information, contact Saseob's Americable office at 252-2172.

## May's Yard of the Month Winners' show green thumbs



Fleet Activities Sasebo's (CFAS) Command Master Chief (SS) William Lowmon recently presented certificates to the Yard of the Month winners for the month of May: Mrs. Bradley Smith for Main Base (left) , and Mrs. Barry Meason for Hario. The Yard of the Month program recognizes housing residents who maintain their yards in outstanding condition and add to the beauty of their neighborhood. (Photos released by CFAS Public Affairs).





The Shirahama Beach Shuttle Bus makes round trips from Main Base to the popular beach every Sunday through Aug. 28, courtesy of your MWR Department. The bus departs Main Base from the bus stop located across from the Commissary at 11 a.m., Noon, 2 p.m. and 4 p.m. Return trips depart Shirahama Beach at 1 p.m., 3 p.m., 5 p.m. and 6 p.m. Children 12 & under must be accompanied by an adult. For more information, call 252-3433.

The MWR Travel & Tours Office and the Main Base USO Lounge have moved to temporary quarters near the NEX Barber/Beauty Shop complex. The Travel & Tours Office and USO Lounge will remain at the new location throughout the summer months while renovation work is underway at the Fleet Landing site. Telephone numbers and hours of operation will remain the same for both facilities. For more information, call 252-3433.

Sign up today for a trip to the Space World Amusement Park in Kitakyushu City, Fukuoka on Saturday, June 18. Space World is a great theme park totally focused on space. They have a wide variety of exciting rides for you to enjoy, from roller coasters to running the rapids, plus a great area for the little ones called 'Lucky Land' with costumed characters from Space World waiting to greet them. The cost (including transportation and a one-day pass) is only \$30 for adults, \$20 for children 4-11 and \$5 for youngsters 3 and under. For more information, call 252-3433.

The Travel & Tours Office has made arrangements for an adults only (18 years or older) Nagasaki City Day Tour on Sunday, June 19. Price is \$20. Fees include transportation, escort and all entrance fees. The bus will depart the Harbor View Club at 7:45 a.m. and the

Hario Community Center at 8:30 a.m., returning to the Hario Community Center at 7 p.m. and the Harbor View Club at 7:30 p.m. Bring extra yen for lunch and souvenirs and be sure to dress for the weather. For more information, call 252-3433.

No matter if you're new to Sasebo or if you've been here for years, the MWR Travel & Tours Office has something good going on every week that you'll enjoy. Let MWR do the driving while you sit back in a nice clean and comfortable bus or van and experience something unique in Japan at affordable prices. This Saturday, June 25 you can take the kids to Kitty Land, a fun amusement park geared towards children 12 and under. Kitty Land features several cartoon hero figures and other attractions in a series of colorful locations such as Harmony Village, Harmony Park, Nature Zone and Carnival Square. Cost is only \$30 for adults, \$20 for young adults 12 to 18, \$18 for children 4-11 and \$5 for youngsters 3 and under. For more information, call 252-3433.

Enjoy a cool day of waterskiing on Saturday, June 18 from 10 a.m. until 2 p.m. It's a great way to enjoy fun in the sun for just \$15 per person. Other Sailing & Outdoor Adventure Center waterskiing trips are scheduled for Sunday, June 19, Saturday, June 25 and Saturday, July 2. Let the good people at the Sailing & Outdoor Adventure Center (located directly across the street from the Community & Education Center) take you and your friends out for a fun-filled four-hour session on the water. Call 252-3500 for more information.

The Sailing & Outdoor Adventure Center has scheduled four Mt. Fuji trips this year, so you'd better hurry and make reservations now before they sell out. This is a once in a lifetime opportunity to conquer the highest mountain in Japan. All trips are weekend trips depart on Friday at 3 p.m. and return on Sunday at 2 p.m. The four scheduled Friday departure dates are: July 8, July 22, Aug. 12 and Aug. 26. Sign up early to guarantee a seat on the bus. For more information call 252-3500.

## Schedule for June 17 - 26

### SHOWBOAT

Telephone: 252-3822

**FRIDAY, JUNE 17**

5 p.m. (PG) • Hitchhiker's Guide to the Galaxy  
7:30 p.m. (PG-13) • XXX: State of the Union  
10 p.m. (PG-13) • Cinderella Man

*==Premiere*

**SATURDAY, JUNE 18**

2 p.m. (PG) • Hitchhiker's Guide to the Galaxy  
5 p.m. (PG-13) • XXX: State of the Union  
7:30 p.m. (PG-13) • Cinderella Man  
10 p.m. (R) • The Upside of Anger

**SUNDAY, JUNE 19**

6 p.m. (PG) • Hitchhiker's Guide to the Galaxy  
8:30 p.m. (PG-13) • XXX: State of the Union

**FRIDAY, JUNE 24**

6:30 p.m. (PG-13) • Mr. & Mrs. Smith  
9:30 p.m. (R) • Kingdom of Heaven

*==Premiere*

**SATURDAY, JUNE 25**

6:30 p.m. (PG) • Madagascar  
8:30 p.m. (R) • House of Wax  
11 p.m. (R) • Kingdom of Heaven

*==Premiere*

**SUNDAY, JUNE 26**

6:30 p.m. (PG-13) • The Longest Yard  
9:30 p.m. (PG-13) • Mr. & Mrs. Smith

### HARIO VILLAGE

Telephone: 252-8753

**FRIDAY, JUNE 17**

6:30 p.m. (PG-13) • The Longest Yard  
9 p.m. (PG-13) • The Interpreter

**SATURDAY, JUNE 18**

2 p.m. (PG) • Madagascar  
6:30 p.m. (PG-13) • The Longest Yard  
9 p.m. (PG-13) • King's Ransom

**SUNDAY, JUNE 19**

2 p.m. (PG) • Madagascar  
6:30 p.m. (PG-13) • The Interpreter

**MONDAY, JUNE 20**

6:30 p.m. (PG-13) • The Longest Yard

**TUESDAY, JUNE 21**

6:30 p.m. (PG-13) • The Interpreter

**WEDNESDAY, JUNE 22**

6:30 p.m. (PG-13) • Cinderella Man

**THURSDAY, JUNE 23**

6:30 p.m. (PG-13) • Fever Pitch

**FRIDAY, JUNE 24**

6:30 p.m. (PG) • Hitchhiker's Guide to the Galaxy  
9 p.m. (PG-13) • Cinderella Man

**SATURDAY, JUNE 25**

2 p.m. (PG) • Hitchhiker's Guide to the Galaxy  
6:30 p.m. (PG-13) • XXX: State of the Union  
9 p.m. (PG-13) • Cinderella Man

**SUNDAY, JUNE 26**

2 p.m. (PG) • Hitchhiker's Guide to the Galaxy  
6:30 p.m. (PG-13) • XXX: State of the Union



**Schedule for June 17 - 26**

**Movie schedule is subject to change without notice.**

## Schedule for June 17 - 26

### SHOWBOAT

Telephone: 252-3822

**FRIDAY, JUNE 17**

5 p.m. (PG) • Hitchhiker's Guide to the Galaxy  
7:30 p.m. (PG-13) • XXX: State of the Union  
10 p.m. (PG-13) • Cinderella Man

*==Premiere*

**SATURDAY, JUNE 18**

2 p.m. (PG) • Hitchhiker's Guide to the Galaxy  
5 p.m. (PG-13) • XXX: State of the Union  
7:30 p.m. (PG-13) • Cinderella Man  
10 p.m. (R) • The Upside of Anger

**SUNDAY, JUNE 19**

6 p.m. (PG) • Hitchhiker's Guide to the Galaxy  
8:30 p.m. (PG-13) • XXX: State of the Union

**FRIDAY, JUNE 24**

6:30 p.m. (PG-13) • Mr. & Mrs. Smith  
9:30 p.m. (R) • Kingdom of Heaven

*==Premiere*

**SATURDAY, JUNE 25**

6:30 p.m. (PG) • Madagascar  
8:30 p.m. (R) • House of Wax  
11 p.m. (R) • Kingdom of Heaven

*==Premiere*

**SUNDAY, JUNE 26**

6:30 p.m. (PG-13) • The Longest Yard  
9:30 p.m. (PG-13) • Mr. & Mrs. Smith

### HARIO VILLAGE

Telephone: 252-8753

**FRIDAY, JUNE 17**

6:30 p.m. (PG-13) • The Longest Yard  
9 p.m. (PG-13) • The Interpreter

**SATURDAY, JUNE 18**

2 p.m. (PG) • Madagascar  
6:30 p.m. (PG-13) • The Longest Yard  
9 p.m. (PG-13) • King's Ransom

**SUNDAY, JUNE 19**

2 p.m. (PG) • Madagascar  
6:30 p.m. (PG-13) • The Interpreter

**MONDAY, JUNE 20**

6:30 p.m. (PG-13) • The Longest Yard

**TUESDAY, JUNE 21**

6:30 p.m. (PG-13) • The Interpreter

**WEDNESDAY, JUNE 22**

6:30 p.m. (PG-13) • Cinderella Man

**THURSDAY, JUNE 23**

6:30 p.m. (PG-13) • Fever Pitch

**FRIDAY, JUNE 24**

6:30 p.m. (PG) • Hitchhiker's Guide to the Galaxy  
9 p.m. (PG-13) • Cinderella Man

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## *Betcha didn't know about:* Historical Sasebo photos

**Phil Eakins**  
*Base Historian*

One of the more interesting aspects involving my research of Sasebo history is viewing old photos and picture postcards of the city to see how much has changed over the decades. Sometimes I'm surprised by what *hasn't* changed!

Some of my favorite photos were either taken by servicemen or purchased as souvenirs during the occupation of Sasebo. How did I acquire these photos for my collection? I'll admit it - I'm a 100 percent certified eBay "junkie" and proud of it! Sometimes, if I'm lucky, the seller can provide me with a little background about the photos I just won.

For example, a few months ago I won two sets of vintage Sasebo photos taken in 1945 by an Army photographer, complete with captions printed on the back. The seller of these photos is the granddaughter of the former soldier; she was excited about the fact that these photos were returning to Sasebo.

Included in the sets were photos featuring a British-made steel cutter and German drill press found at the Sasebo Naval Arsenal submarine assembly plant. Another photo shows soldiers waiting along the main road (today's Route 35) in front of the old Sasebo train station with the Miura Catholic Church clearly visible in the background.

Another set of photos from a different seller show the various local sights, such as Spectacles Rock (with much less vegetation behind the 'eye holes'), plus several shots of the navy base and dockyard showing buildings that have long since disappeared. I also have a photo of the Kyomachi shopping arcade when it was just an uncovered and unpaved strip of shops.

My most recently acquired photos were purchased from a seller who picked them up from the estate of a former Army chief warrant officer who, judging from the photos, had been stationed at Camp Mower in Ainoura during the Korean War.

Among the photos are a couple of shots featuring the little narrow-gauge locomotive that used to run through Main Base, the Akasaki fuel terminal and the Maebata ordnance facility. The locomotive looks like it was not much bigger than a large car. In fact, if you look closely in certain areas around the base and SSK, remains of the old railway can still be seen today.

One photo features Army soldiers boarding a Japanese troop ship berthed at India 9, presumably bound for the Korean peninsula. The sign attached to the brow reads “US Army Port of Sasebo” and it’s interesting to note that the photo shows the Fleet Gym building was used by the Army, possibly as a staging area. The US Army at one time controlled much, if not all, of India Basin; that’s probably why most Korean War-era photos show Navy warships anchored in the harbor rather than in the basin.

There are also a few shots of the 250-ton British-built hammerhead crane at India Basin, looking pretty much the same as it does today except for being painted differently and much less rusty.

Some of these photos will eventually make their way into the museum, and hopefully the "Sasebo Soundings" and AFN Sasebo. Stay tuned!





# Juneteenth celebrates African-American freedom

Released by CFAS Public Affairs

On June 19, 1865, Union General Gordon Granger rode into Galveston, Texas, to inform inhabitants of the Civil War's end two months earlier. Two and a half years after President Abraham Lincoln signed the Emancipation Proclamation ending slavery, Granger's General Order Number Three finally freed the last 250,000 slaves whose bondage, due to minimal Union presence in the region, had been essentially unaffected by Lincoln's efforts.

June 19th - which was quickly shortened to "Juneteenth" among celebrants - has become the

African-American addendum to our national Independence Day.

The state of Texas made Juneteenth an official holiday on Jan. 1, 1980, and became the first to grant government recognition of the celebration, and to this day remains the only state to affirm Juneteenth, an anniversary of significance to many African-Americans.

Observance of Juneteenth has traditionally tended towards church-centered celebrations featuring food, fun and a focus on self-improvement and education by guest speakers. Although initially associated with Texas and other Southern states, the Civil Rights Era and the Poor People's March to Washington, D.C., in 1968, in

particular, helped spread the tradition across America - to the extent that Milwaukee and Minneapolis now host two of the largest Juneteenth celebrations in the nation. "Juneteenth should be observed by all Americans as it is a part of American history," said Ship's Serviceman Chief (SW) Raymond Riddley, president of the Sasebo Black American Association. "I would like all races and cultures knowledgable of these events to reflect on those moments in history and for those that don't to learn about Black History so that they can educate others of a race they know little about. This is the time to learn about an important moment in history, that you were not aware of before."

## Safety Corner: Barbecueing

**Charles Carr**  
CFAS Safety Department

There's something about cooking and eating outdoors that seems to make the food taste just a little more special. But cooking outdoors, whether it involves using a charcoal or gas grill or an open campfire, requires special safety precautions.

**1)** Always make sure the cooking

surface of the grill is clean. **2)** Keep your grill on a level surface. **3)** Supervise children when cooking outdoors and keep them away from the grill or fire. Never leave a grill or fire unattended. **4)** Avoid wearing loose or baggy clothing. Wear an apron made of fire resistant material and use long-handled equipment when cooking. **5)** Only use lighter fluid specifically for charcoal and never squirt starter fluid on a fire or hot coals. Never

use kerosene, gasoline or other petrochemicals to start charcoal. These chemicals are highly volatile and create toxic fumes.

**6)** Once coals have soaked in the lighter fluid (approximately 1 minute), throw a lighted match in the center or use a long fireplace match. **7)** Never use a cigarette lighter to start either charcoal or a campfire. **8)** Always keep water close at hand to douse a fire in case of a sudden flare up, even if you are using a propane gas grill. When cooking outdoors at home, bring a fire extinguisher

within reach of the cooking area. **9)** When finished, douse a charcoal grill or campfire with water and close the grill vents. Smother an open campfire with sand or dirt. **10)** Never burn charcoal indoors or in a tent — lethal concentrations of carbon monoxide could build up. **11)** When building a campfire, make sure the fire pit is large enough to contain the fire. Avoid building fires on windy days. **12)** If you use a propane gas grill, be sure to follow the manufacturer's instructions on proper maintenance and how to check for leaks.

### Sasebo Elementary student authors win writing contest

Stolen valentines and book clubs usually don't mix, but Ms. Man's Sasebo Elementary Talented and Gifted class seems to have a positive gift for changing the rules of literature. They recently wrote a prize-winning story about the topic for the Lucky Book Club's Calendar Club Mysteries

Writing Contest 2005. "The Case of the Lost Valentines for Veterans" was one of the ten runner-ups. Each student author of the story won a complete set of books from the Calendar Club Mystery Series.

In "The Case of the Lost Valentines for Veterans," based loosely on a true story,

two hundred valentines the Calendar Club made for veterans disappear. It's up to Casey, Leon, and Dottie to find out what happened to them.

"I'm really happy I got to help write the story", Kayla Filio, 8, commented.

(From left) Authors Erica Navarro, Kayla Filio and Josiah Martin proudly display their new Calendar Club mystery books. (Photo by Ana Stuart)



### PACFLT, from Pg. 1

are interoperable. So the relationship between Japan and the U.S. and the relationship between the JMSDF and the U.S. Navy will be even more important in the twenty-first century.

**Soundings: As Pacific Fleet commander, what message would you like to relay to the Sasebo community - both on and off base?**

Doran: The one thing I would like our people in Sasebo to really understand, both active duty Sailors, their family members and the people who support them here, is how much their work is appreciated. I know you're very, very busy. I know that you're away from home while you're living here in Sasebo and Japan. I want you to know that we've watched very carefully over the three years that I've been Pacific Fleet Commander. You are doing very important work, representing the U.S. and the U.S. Navy very well with credible, capable combat power. You're doing a magnificent job. I know sometimes it's tough, I know the deployments have been long. We are working this Navy very, very hard. But your work is seen and appreciated very, very much. You're doing a great job and it's been a great pleasure being in command for the last three years. Thank you all very much.

### SPIRAL 2.5, from Pg. 1

Perspective" magazine, commands have the capability to electronically display their eye-catching Web sites and vie for Sailors' attention and convince them to put in for their command.

JCMS, along with the Five Vector Model (now Spiral 11), are two of the primary tools that today's Sailors can utilize to successfully manage their careers. Other spirals of JCMS in development will be rolled out to the fleet in the months ahead, as the Sea Warrior journey continues.

Today's Sea Warrior, armed with these tools, can sit down with his or her family at the kitchen table and discuss the next career move by reviewing all the critical information right at their fingertips.

"JCMS is a system designed for Sailors by Sailors, and Sailors are responding to it. Since we rolled out the first spiral in October of 2004, login hits on JCMS have been about 51,000 a week, compared to an average 9,000 on JASS. Sailors like the user-friendly system and the critical career information provided to not only make an informed career decision but to help them manage a successful career" said Rear Adm. (Select) Daniel Holloway, Assistant Commander for Career Management at Navy Personnel Command. "The JCMS story is being told all over the fleet; one of the best ways to find out more is to attend the Career Management Symposia sponsored by the Center for Career Development. Teams travel all over the world helping Sailors to make the best career decisions, and they have taken on the mission of telling the fleet how JCMS can serve them," he said.

You can find out when the next Career Management Symposium is scheduled for your area by going to

<<http://www.npc.navy.mil/CareerInfo/CareerManagementSymposia/Schedule>>.

For related news, visit the Navy Personnel Command Navy NewsStand page at <[www.news.navy.mil/local/npc/](http://www.news.navy.mil/local/npc/)>.

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☒ Savings & Investment Workshop

☒ Kids Financial Planning Workshop

☒ Command Financial Specialists Training

☒ Individual Financial Counseling









Fleet Gym 252-3588

Hario Gym 252-8691

# Jun-woes: Juneau falls to 0-5, Dragons win easily, 31-0

**JO2 James Kimber**  
*CTF76 public affairs*

Dragons defensive lineman Deejay Pascua turned a routine line deflection into an interception for the first of three defensive touchdowns while also recording four sacks in the ACU-5 Dragons' trouncing of the slow-starting Juneau, 31-0, June 14 at Nimitz Park.

The Dragons secondary also returned two of their three interceptions for touchdowns. Dragons quarterback J.D. Fontenot threw for two touchdowns, despite wide open wide receiver Randall Mitchell dropping a perfect pass in the endzone in the late part of the first half.

Juneau, struggling to get out of the league's basement, averaged just under two yards a game minute to tally up to 95 yards of total offense while passing midfield only twice and never seeing the red zone.

Flag football scores:  
**LSD 49er's 20**, Hitmen 0

The LSD 49ers, finally back to defend their league championship won just before the ship's eight-month deployment, proved too much for the Jeckyll and Hyde-like Hitmen in the Niners' 20-0 shutout.

The shutout was the third for the Hitmen, who have also shut their opponents out twice through their first five games.



*Dragons defensive lineman Deejay Pascua (front row, second from left) and the ACU-5 Dragons shut out the Juneau 31-0 June 14 in Nimitz Park. (Released by CFAS)*

10 tips to relive stress

Alec Culpepper  
MWR Fitness and Aquatics Director

1. Tune Out Once a Week:

We are so connected to our TV's and world events that we just get uptight and stress out about things out of our control.

2. Set Boundaries:

We need to have healthy boundaries set at work, home and with family and friends. Once you leave the office, realize that tomorrow is another day and it will get done.

3. Prioritize Your Life:

Making to-do lists is an effective way to get yourself organized. If you are waking up between 2 a.m. and 4 a.m. thinking about work, (a clear sign your adrenal system is suffering) make a list of things that need to get done before you leave work so you don't have to fret during your sleep time.

4. Engage in Meditation Once a Week:

Meditation can give you a sense of empowerment and the ability to find your inner calm. There is no right or wrong way to meditate; it is whatever you want it to be.

5. Keep a Healthy Diet and Don't Skip Breakfast:

When we are stressed, we skip breakfast, which wreaks havoc on our entire body. Studies have linked a deficiency in B6 and B12 vitamins to depression. Make sure to deep eating green leafy vegetables, bananas, chicken, meats and whole-wheat grains.

6. Keep Healthy Snacks with You:

Almonds, trail mix, natural peanut butter, whole-wheat bread and fruits are great energizers, especially during that 2-4 p.m. slump.

7. Buy Flowers:

Yes, bringing some nature into your home and office will lift your spirits. Seeing bright colors energizes us and reminds us to smell the flowers!

8. Learn to Laugh:

Laughing increases antibodies in saliva that combat upper respiratory infections; it also reduces blood pressure and heart rate.

9. Get a Massage:

It relieves stress, aids in relaxation, promotes deeper and easier breathing. It creates a feeling of well-being, reduces anxiety and increases one's awareness of the mind-body connection.

10. Take a Deep Breath:

Soon after infancy, we lose our ability to belly breathe. When we are anxious or stressed, we take short, abrupt breaths into the chest. It short-changes us on oxygen and also emphasizes our anxiety. Take a minute each day to breathe through the diaphragm to help bring down heart rate and blood pressure.

Softball scores:  
**Dragons 14**, Patriot 13

Dragons pitcher Ron Herb went 5-5 with four runs and brought in Dragons outfielder Randall Mitchell for the game-winning run while the typically sweet-swinging Patriot shortstop, Rafael Martinez, hit into four straight fielder's choices but did manage to score three runs himself in the Dragons comeback 14-13 win.

**Frank Cable 18**, Dragons 8

The Dragons couldn't score after the third inning then allowed Frank Cable to score 11 straight giving the Frank Cable their first win in Sasebo.

**Total Force 16**, Frank Cable 11

Total Force leadoff hitter E.J. Santos went a perfect

4-4 with four runs in the Force's second victory over Frank Cable from Guam.

**Fire Dreams 13**, Bonecrushers 3

The struggling Bonecrushers held their own against the errorless fire department team until the sixth inning when the Dreams rolled out seven straight runs. Fire Dreams left centerfielder Hashiguchi went 2-4 with three runs and two RBI.

Surfriders 7, **Bonecrushers 24**

Bonecrushers pitcher Howie Polanski went 4-4 with four runs, three RBI and two doubles while allowing only one run on four hits after the first inning in the Bonecrushers 24-7 whooping of the Surfriders.

**Harpers Ferry 16**, Educators 6

Harpers Ferry's Jamie Minton singlehandedly beat the Educators after going 4-4 with six RBI, three runs and a home run in the Harpers Ferry 16-6 win

over the struggling Educators.

**Dragons 11**, Educators 6

The Dragons' Douglas Martin surprised the scorekeepers after his 3-4, three run, four RBI performance in the humble 11-6 win over the Educators from DoDDS.

Harpers Ferry 9, **Dragons 12**

Dragons outfielder Randall Mitchell went 3-4 with three runs in the Dragons 12-9 victory over Harpers Ferry. The Dragons have won four of their last five.

\*Editor's Note: Last week, it was reported that the Squirrels defeated Total Force 10-8.

The correct scores should have read Total Force 8, Squirrels 7;Crush 10, Total Force 9.

Spring Softball Standings As of June 14				
Total Force	23	1	.958	
Fire Dreams	15	2	.882	
Crush	15	6	.714	
Fort McHenry	12	5	.706	
Guardian	4	2	.667	
Dragons	13	8	.619	
Squirrels	13	11	.542	
Patriot	10	10	.500	
Iron Gators	5	7	.417	
Harpers Ferry	8	12	.400	
Bonecrushers	9	14	.391	
Shooters	6	10	.375	
Educators	3	8	.273	
Security	4	15	.211	
Young Gunz	2	11	.154	
Snipes	2	12	.143	
The Ligers	0	5	.000	
Surf Riders	0	4	.000	

Upcoming Sports

Pool Hours

Lap Swim: Mon.-Fri., 6 - 8 a.m., 11a.m. - 12:30 p.m.

Open Swim: Mon.-Fri. 4 p.m. - 6 p.m.

Weekends and Holidays: 11 a.m. - 6 p.m.

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Takeo-Ureshino Country Club

Singles handicap by flight

FMI or to sign up call 252-3588

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Sunday, June 19, 8:30 a.m.

Main Base Pool

Fit 4 Fuji is through July 3!

Prepare to climb Mt Fuji, this summer.

Get your Fit 4 Fuji wallet card stamped at the Outdoor Recreation Center, Hario or Fleet Fitness Centers.

For more information, call the Fleet Fitness center at 252-3500.